

September 11, 2001–A Day of Infamy

By Laura Leland

The general meeting of ICSEW committee members was held the morning the United States was attacked by terrorists. No one in attendance truly understood the severity of the attack or the outcome of events that would change the US forever. Members voted to proceed with a shorter meeting and a radio was monitored for updates on the attacks as they took place.



ICSEW Chair, Annykay Melendez, conducts a vote of the committee. Members decide to shorten the agenda.



In the background, Carol Maher, ICSEW historian, monitors the radio for news updates as other committee members learn more about each other.



Geri Nelson, co-chair of the Membership Committee, and Chrystal Andoh, chair of the Childcare Task Force, pictured during the brainstorming session. Ideas generated ranged from increasing networking opportunities to dealing with issues involving equal pay.



Julia Ojard won a Starbuck's gift certificate for her winning card in the "Get to know you better" bingo game.



Annykay congratulates Rhonda Scarborough, ICSEW Executive Secretary, for winning the doorprize—dinner for two at The Olive Garden.

Health & Wellness Corner: Find a Plan and Stick to It

By Vicki Rumming

Diet seems to be a confusing word. There are many diets: The Zone, Adkins Diet, Cabbage Soup Diet, Grapefruit Diet, low-fat and low-carb diets. In the past 20 years I've read about many of these diets and tried many more. The word diet has a connotation of "temporary." But you can be on a diet forever. No wonder so many "diets" fail in the long-term.

The problem with diets is that they are difficult to follow for long periods of time because of the limits they put on the dieter. I have yet to find any diet that says "eat all you want of anything, and don't worry about exercise." The truth is that there are two common threads to any diet: *limiting* calories and *increasing* activity.

I understand the attractiveness of a specific diet plan. It is easier to have someone tell us what to do than to try to make the best choices for ourselves.

If I can follow the XYZ diet for two weeks, I may lose ten pounds, but when it comes to trying to figure out what the right foods for me are, I'm not as likely to be "successful."

Are we truly successful if the 10 pounds are back within a month?

The only way to truly be successful at healthy eating is to educate ourselves on what is healthy and apply what we learn and know. With healthy eating and activities, excess weight will take care of itself.

What is healthy eating?

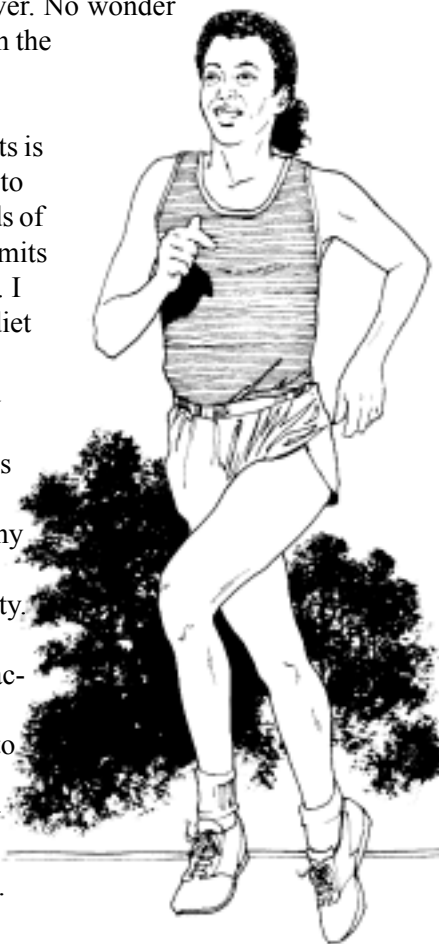
The question is easier to answer than we let ourselves believe. Which is the healthier lunch—a deluxe cheeseburger and fries, or a grilled chicken sandwich and fresh fruit? You know the answer, right? Okay, just in case, if you guessed grilled chicken and fresh fruit, you're on the right track. This meal contains all the levels of the food pyramid. It's full of carbohydrates, protein, fruit and even a little fat if you add mayonnaise or cheese.

Healthy eating includes eating all food types in moderation. If you include more fruits and vegetables, and less fats and sugar, you will be eating healthier. Try a homemade fruit smoothie for breakfast or a bowl of garden vegetable soup with your lunch. Check out the food pyramid and more online (http://www.pueblo.gsa.gov/cic_text/food/food-pyramid/main.htm)

presented by the USDA. They have more information on healthy eating than I can pretend to know.

Do I really have to exercise?

That depends on what you call exercise. You don't have to go to gym and "workout" five times a week, but you should try to get 20 minutes of activity per day. Activity means a lot of different things. What it doesn't mean is sitting in a chair all day. You may get as much benefit from playing Frisbee with your dog as you would spending the



Try to find different activities and vary them from time to time to resist getting bored with it all. Longevity is the key to success.

same amount of time on a treadmill. My favorite exercise is hitting the dance floor on Saturday night! If you find an activity that is fun you will be more likely to stick with it for the long haul. Try to find different activities and vary them from time to time to resist getting bored with it all. Longevity is the key to success.

Talk to your doctor.

In some cases there may be a physical reason for having a difficult time losing weight or with your health in general. Your doctor should be able to help you determine this. He or she should also be able to provide you with sound advice for diet and exercise. If your doctor isn't giving you the support you need, try to find another doctor for this purpose. A nutritionist or naturopathic physician may be more prepared to give the diet and exercise advice you need.

I know all this, but practicing it is a different story.

Hey, I resemble that remark! For 20

years I've tried every diet and had many bouts of "I'm going to exercise regularly." But recently I lost 40 pounds. I have another 40 to go, but I'm going to get there. Want to know what's different this time? I have support and motivation. The support comes from a group of individuals like me where we give each other encouragement as well as share advice, recipes and products. The motivation came after I started to lose weight. It is addicting to see the numbers go down—and what a thrill it was when I had to buy all new clothes!

I'm not an expert on diet and fitness; I only speak from what I've read and from my own personal experience. I hope that this makes any advice here just a little more real. It is up to you find the right combination and to stick with it.

Old Fashioned Baked Apple

- 1 Granny Smith Apple
- 2 Tablespoons Nugget Cereal
- 2 Tablespoons Sugar

1. Wash apple and core.
2. Place apple right side up in a medium sized baking dish.
3. Layer sugar and cereal in apple until the core is full to overflowing.
4. Sprinkle 2 teaspoons of water on apple.
5. Add a little water to the bottom of the baking dish.
6. Bake at 350 degrees for about 45 minutes or until apple is soft.

Serving Size: 1 Apple

Calories 223, Protein 1.8g, Carbohydrates 57.1, Fat 0g, Cholesterol 0mg.

Optional: Sprinkle top with cinnamon to taste.

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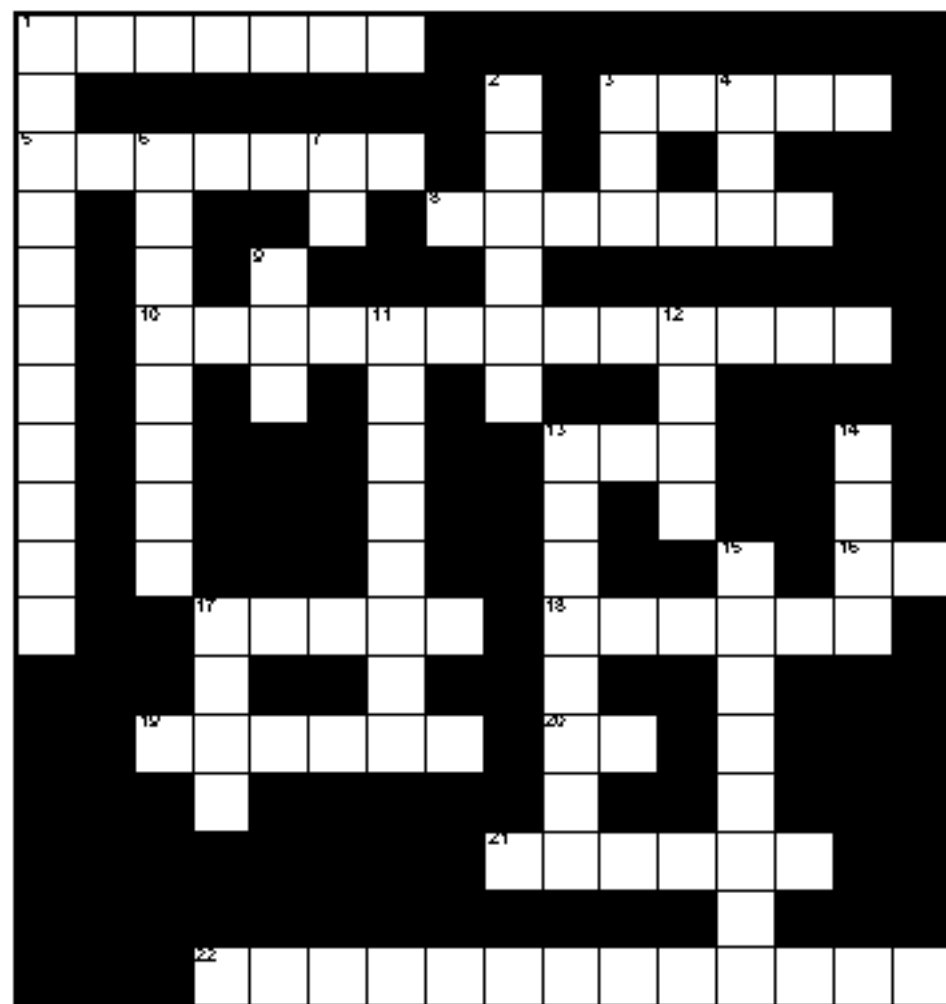
Laura Leland, InterAct Editor
Department of Retirement Systems
P.O. Box 48380
Olympia WA 98504-8380
Phone: (360) 664-7160
E-mail: laural@drs.wa.gov



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Health & Wellness Challenge



Across

1. For strong healthy bones
3. Indigestible part of food
5. Unit of Energy
8. Meat, beans, and nuts have this
10. Rates the effect of a carbohydrate on blood sugar levels
13. Girls just wanna have what
16. Where it is ...
17. Gets sweeter with age
18. How many minutes a day for exercise?
19. Disappeared into obscurity after the "Insanity"
20. Opposite of off
21. This doctor's plan discourages carbohydrates
22. Better than a diet

Down

1. If it wasn't for this, chocolate would be good for us
2. She is the spokesperson for Weight Watchers
3. Contains 9 times the calories of its carbohydrate counterpart
4. Used to determine obesity (abbr.)
6. Reportedly the best medicine
7. ... and out
9. A place to work out
11. Horseback riding, softball, swimming, and Frisbee are all forms of this
12. Number of lives a cat has
13. A dieters worst enemy
14. Better than exercise
15. Provides too much information
17. Fuel for the living

For answers, turn the page...

A Woman's Body Image

"You can never be too rich or too thin." You don't have to go very far to notice that the ideal for women's bodies at present is a thin, fit, radiantly healthy, young, white woman. Just open a magazine, an advertising supplement to the *Times*, wait for a bus or subway, or merely walk down the street. The message of what we should look like is everywhere.

The inescapable presence of these images shape our images of our own bodies, especially as women. The media images we see of women offers us the "ideal." These women seem middle or upper-class by virtue of their expensive clothes, and are almost always white. Women seen outside the home are typically "attractive" and occupy jobs where they never seem to have to work. There are hardly any pictures of African American, Asian American or Native American women in advertisements aimed at the "general" population although they may be found if advertisers wish to "target" a group in a specific "ethnic area."

The range of actual body types in the past was no different than today. What has changed is what has been set up as the ideal. Studies have shown that while 25 years ago the average model weighed 8% less than the average American woman, today's model weighs 23% below the national average. The exclusion of so many women from representation is a denial of the wide range of bodies and appearances.

Instead of marveling at the assortment of body shapes, we continually compare ourselves with each other. We begin to objectify our own and other women's bodies. Notions of the ideal body are linked with the economy. There are a wealth of businesses that depend upon the American desire for thinness to survive. In order to create a market for their product, they attempt to make women feel inadequate about our own bodies. Their product or

exercise equipment will get us on the way to the "real" us, the thinner, better, more popular us. We are given the message that our value depends on our physical appearance.

We are told that we must be sexually attractive to be successful and happy. An ideal weight is presented as a requirement for being sexually attractive. Unfortunately, limits on "desirable" thinness have not been set. The popular notion is that, as long as a woman isn't "badly" anorexic, being thin is not hazardous. Our standard of normal body size has become so thin that average weight people are considered abnormal. What has actually been proven, however, is that people on both extremes of the continuum (excessively thin or over 100 pounds above the norm) have increased health risks. The majority of those who consider themselves "overweight" are not.

Our ideal of thinness is influenced by many basic American values. This country prizes things like individuality, self-help, hard work, success and self-control. We are given the message that if we just work hard enough at dieting and exercise, anything can be accomplished. Women especially are told that their efforts in perfecting their bodies will be rewarded by success in both their professional and personal lives.

If we fail at achieving the ideal, we are told we must "try harder." A fat person is seen as lazy or greedy or without self-control. "Obviously," we think, she wouldn't be fat if she could just control what she ate or "if she bothered to exercise." As women enter the "male" world of higher education and employment, we are even more pressured toward perfectionism. We must not only achieve but excel. Some 1970's feminist advice tells us to be self-sufficient; that fulfillment comes from what we provide for ourselves. While women make a few gains

Continued on back

Women's Earnings as Percent of Men's, 1979-2000

<i>Year</i>	<i>Hourly</i>	<i>Weekly</i>	<i>Annual</i>
1979	64.1	62.5	59.7
1980	64.8	64.4	60.2
1981	65.1	64.6	59.2
1982	67.3	65.4	61.7
1983	69.4	66.7	63.6
1984	69.8	67.8	63.7
1985	70.0	68.2	64.6
1986	70.2	69.2	64.3
1987	72.1	70.0	65.2
1988	73.8	70.2	66.0
1989	75.4	70.1	68.7
1990	77.9	71.9	71.6
1991	78.6	74.2	69.9
1992	80.3	75.8	70.8
1993	80.4	77.1	71.5
1994	80.6	76.4	72.0
1995	80.8	75.5	71.4
1996	81.2	75.0	73.8
1997	80.8	74.4	74.2
1998	81.8	76.3	73.2
1999	83.8	76.5	72.2
2000	83.2	76.0	

Source: BLS Bulletin 2340 and unpublished tables, Employment and Earnings, January issues; U.S. Bureau of the Census, Current Population Reports, Series P-60, Selected issues

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2001-2002 Executive Board

Chair

Annykay Melendez

State Auditor's Office

Mailstop: 40031

(360) 586-2273

melendea@sao.wa.gov

Vice Chair

Rose Pelegrin

Department of Labor and Industries

pelr235@lni.wa.gov

Executive Secretary

Rhonda Scarborough

Department of Transportation

scarbor@wsdot.wa.gov

Budget

Jerri Bennett

State Library

jbennett@statelib.wa.gov

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Mailstop: 48380

laural@drs.wa.gov

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Education

Connie Clark

Health Care Authority

ccla107@hca.wa.gov

Health and Wellness

Vicki Rummig

Office of Financial Management

vicki.rummig@ofm.wa.gov

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maulds@esd.wa.gov

Geri Nelson (co-chair)

Attorney General's Office

gerin@atg.wa.gov

Promotional and Career Opportunities

Debbie Robinson

Washington State Lottery

robinsd@lottery.wa.gov

Historian

Carol Maher

General Administration

cmaher@ga.wa.gov

Child Care Task Force

Chrystal Andoh

Department of Revenue

chrystala@dor.wa.gov

A Woman's Body Image (continued)

toward economic independence in entering the business world without a fundamental change in its structure, we are forced to become "Superwomen."

We are expected to achieve in the competitive business world while also excelling in traditional domestic roles of "wife" and "mother." Because of this dual expectation we are faced with many contradictory messages. Different characteristics are needed for each role and not living up to the ideal in either can cause feelings of failure and self-hate.

We have attempted a sort of "masculinized" female form as a tool of upward mobility, and the need to perfect our bodies has intensified the social tendency to equate women's worth with our bodies. The perfect body is our new status symbol. Weight consciousness has become part of our campaign for upward mobility.

Attempting to enter the basic American search for self-control, individual-

ity and thinness has not, however, brought most women more health and happiness. Instead, we often feel as if we have failed and the blame is laid squarely on our shoulders.

But the social requirement that we achieve the "ideal weight" is based on the presumption that we can com-

pletely control our body size. In fact, the size and shape of our bodies are as genetically determined as skin and eye color.

From *The Barnard/Columbia Women's Handbook 1992*. Reprinted with permission.

Crossword Puzzle Answers

Across

1. Calcium
3. Fiber
5. Calorie
8. Protein
10. Glycemic Index
13. Fun
16. At
17. Fruit
18. Twenty
19. Powder
20. On
21. Adkins
22. Healthy Eating

Down

1. Cocoa Butter
2. Fergie
3. Fat
4. BMI
6. Laughter
7. In
9. Gym
11. Exercise
12. Nine
13. Fast Food
14. Play
15. Internet
17. Food